The Scarborough System.

The Original Boston Computer Diet™

Put a personal weight loss counselor in your computer and discover a permanent pathway to physical fitness, good health and nutrition.

Food Reporting and Meal Planning Guide

By: J. L. Read, M.D.;
C. Carlin, M.S., R.D.;
I. Greenberg, Ph.D.;
G. Blackburn, M.D., Ph.D.;
and Nutritional
Management, Inc.

The Original Boston Computer Diet™

Food Reporting and Meal Planning Guide for the Commodore 64 Computer

BY J. Leighton Read, M.D.; Cris Carlin, M.S., R.D.; Isaac Greenberg, Ph.D.; George L. Blackburn, M.D., Ph.D.; Nutritional Management, Inc.

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Note: The readings and tutorials included here are assigned by your program at an appropriate time. DO NOT READ AHEAD!!! In addition, before you proceed to load the program, we recommend that you read the opening two chapters of *The Original Boston Computer Diet* manual, entitled "Welcome" and "Getting Started."

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General Instructions

ABOUT THIS MANUAL

Welcome to *The Original Boston Computer Diet*. If you haven't already done so, go now to the other manual included in your package and read the opening chapters entitled "Welcome" and "Getting Started." You will be directed back to this manual at the appropriate time.

In this book, you will be presented with several tutorials to help you learn the Food Reporting and Meal Planning systems. You will also be given information on the program's food data base (a compilation of all the foods included in the program's memory), food swapping, vitamins, food preparation suggestions, and how to use the program's Main Menu when you need to—which shouldn't be often.

Don't be concerned about making mistakes during the tutorials. Any information you enter can be changed—food names, portions, anything. The tutorials are a chance for you to experiment, to become comfortable with the tools of the program. Pressing a "wrong" key will result in no serious consequences. By the end of the first tutorial you will have entered a complete meal by yourself and have developed all the necessary skills to find any food in the food data base and adjust portion sizes.

REQUIRED EQUIPMENT

To use *The Original Boston Computer Diet* you will need the following pieces of equipment in addition to the disk and manuals that came in your package:

1. A Commodore 64 or 128 computer.
2. One disk drive.
3. A computer monitor or a television with an RF modulator.
4. A printer (optional, but strongly recommended). For further information, see "Technical Notes," p. 52.

LOADING THE PROGRAM

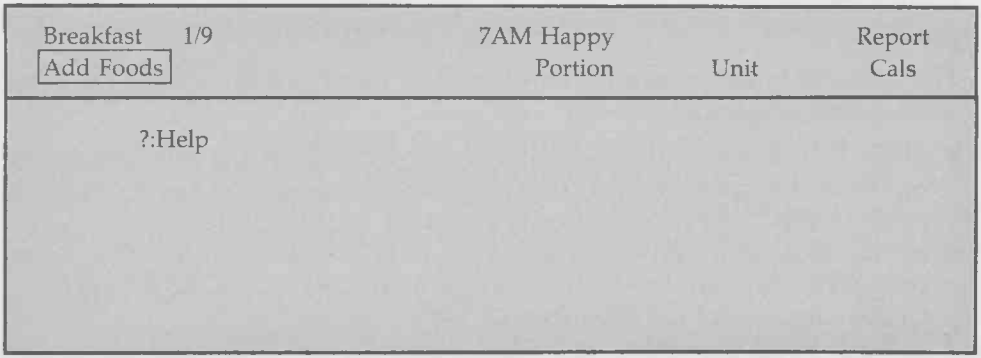
The Original Boston Computer Diet package contains one "flippy" disk with Side 1 labeled the Master Disk and Side 2 labeled the Daily Disk. To load the program, first turn on your drive, monitor, and computer. When the red light goes off on your drive, insert your disk, with the Master side up. At the READY prompt, type **LOAD"*",8,1** and press <**RETURN**>. After a few minutes the title screen will come up and you will be ready to begin the program.

Except for the first session, you will begin the program by booting up the Daily side of your disk. If you accidently boot up the Master side, the program will call this to your attention and tell you to flip your disk to the other side.

Note: The Master side of your disk is copy protected. The Daily side, however, is copyable. For more information on how you may copy the Daily side of your disk, see the section called "Technical Notes" at the end of this guide.

The Food Reporting Tutorial

If you have been following along with *The Original Boston Computer Diet* program as directed, you should now be sitting in front of your computer with the Food Reporting screen before you. If you are not, be sure you have pressed the <**SPACEBAR**> as directed and confirmed the date. The Food Reporting screen comes up next. It looks like this:



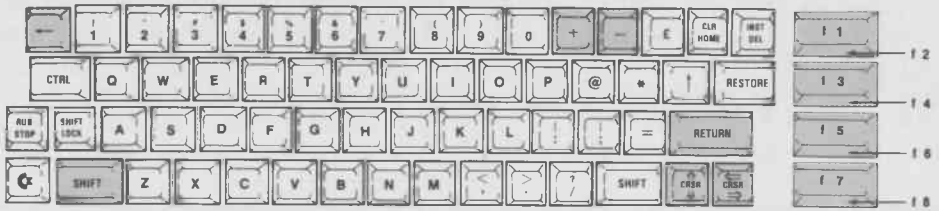
Does it look confusing? Don't despair. It's all really very simple.

Although there are a variety of keys you can use to operate the Food Reporting System, there are basically eight keys that will perform almost all of the necessary functions. These are:

<**+**>	<**−**>	**CRSR**<**up**>	**CRSR**<**down**>
CRSR<**left**>	**CRSR**<**right**>	<**RETURN**>	<**ESC**>

(You need to use your <**SHIFT**> key with the **CRSR**<**up**> and **CRSR**<**left**> keys.)

Here are where those keys are located on your keyboard:



The following information should help to clarify how various keys are used in the program.

- The <**ESC**> key is the back arrow key located on the left side of the top row of your keyboard. Use this key whenever you see a reference to the <**ESC**> key in either the program or this guide.
- If you like, you can use the <**f1**>, <**f3**>, <**f5**>, and <**f7**> keys, respectively, instead of the **CRSR**<**left**>, **CRSR**<**right**>, **CRSR**<**up**>, and **CRSR**<**down**> keys.
- In both Food Reporting and Meal Planning you will need to use the even number function keys <**f2**>, <**f4**>, and <**f8**>. To operate these keys, press

  <**SHIFT**> and <**f1**> for <**f2**>
  <**SHIFT**> and <**f3**> for <**f4**>
  <**SHIFT**> and <**f7**> for <**f8**>

- After the first session, *you will be using the* < + > *or* < − > *keys to adjust your weight and the date and time of your sessions* with your counselor, instead of typing in the numbers.
- If you are not sure which keys to use during Food Reporting or Meal Planning, just press <**SHIFT**>, <**?**> for help. To move backwards through the Help screens, press the **CRSR**<**left**> key.

Across the top of the Food Reporting screen are a series of five headings. (The meal and the date are considered one heading, even though they are separated on the screen.) Each of these represents a piece of information you will be giving the computer concerning the contents and setting (mood) for the reported meal.

Food Reporting is organized into five steps, or "functions." These are:

1. Select meal and date
2. Select hour of meal
3. Indicate your mood during meal
4. Add a food to meal
5. Adjust portion size

Once you have entered the Food Reporting System, you select the function you want by using either the **CRSR<right>** or **CRSR<left>** key to "highlight" your choice. Use the **CRSR<left>** and **CRSR<right>** keys right now to move the highlighting from heading to heading. Do you see how the highlighting wraps around when it reaches the right side of the screen?

Let's take a closer look now at the functions highlighted by using the **CRSR** keys.

1. SELECT MEAL AND DATE

Highlight the leftmost function first. Notice that both the meal and the date are highlighted.

The Original Boston Computer Diet recognizes six different meals a day—Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner, and Evening Snack. If you eat more than six times a day, you have a choice to make. Either stop doing this (a good idea, anyway) or include your intake in one of the accepted meals.

You press the <+> and <–> keys to move forward and backward in time. Press the <+> key now. You should move from Breakfast to

Morning Snack. If you continue pressing the <+> key, you will advance from this to Lunch, Afternoon Snack, and so on, until you reach the Evening Snack. Should you continue beyond this, you will move to Breakfast the following day. The <–> key works exactly the same way, but in reverse. Always be sure when you are reporting a meal to note both the meal *and* date so that you don't report the right meal on the wrong date!

Note: Seven days' worth of actual meals are stored on the disk. This is why, if you try to set the meal and date for seven days before the current date, you will get a message saying you have reached the limit of the system's capacity. Information on the caloric and nutritional content of each meal is stored for up to one year. You can report up to fifteen food items per meal.

2. SELECT HOUR OF MEAL

Use the **CRSR<right>** key to highlight the second category on the top row of the screen. You should see a time displayed, such as **8AM** or **3PM**.

As before, use the <+> and <–> keys to move forward and backward, respectively, in time. You should note, however, that you cannot advance from meal to meal or day to day using the SELECT HOUR function.

3. INDICATE YOUR MOOD DURING MEAL

Because there are powerful associations between moods or feelings and eating behavior for many people, it is important that you notice your mood during each meal and report that information here.

To indicate your mood, use the **CRSR<right>** key to highlight the third category on the top row of the screen.

Once more, use the <+> or <–> key to choose the word that best describes your feelings during a meal. Ten adjectives are available. Even

if you are unsure of which one to choose, select the one that you think comes closest to describing your state of mind at that time. And try to give consistent meanings to the words you choose from day to day. It will help you begin to see patterns in your eating behavior.

4. ADD A FOOD TO MEAL

To report exactly what you ate during a meal, highlight the words "ADD FOODS" at the top of your screen.

Before you can tell the computer exactly what you ate at a meal, you will need to find the food item in the food data base. A data base is merely a collection of information from which you can "call up" any pieces you like—*if* you know how the entries are stored.

If you were to look through the program's food data base, you most likely would be a bit surprised at the way many food items are listed. (You can do this, by the way, by pressing <**RETURN**> with no food item typed in.) You might wonder, for example, why two-word foods, such as *ice cream*, contain a comma and no space between them. You might be shocked to find that when you type in EGGS, the program informs you that it cannot find that food.

Don't worry. The fact is, the data base was designed to be exceptionally easy to use, once you understand a few simple rules. Here is the basic procedure you will follow to find foods in the food data base:

a. When you see the words ENTER FOOD NAME along the bottom of the screen, you will type the food name or part of the food name. You must not include any blank spaces in front of or between letters or words. The word(s) you type will appear in the lower right side of the screen. When you are finished, you will press <**RETURN**>. A list of foods, in alphabetical order, will appear directly above. This list will contain every food item in the food list containing the series of letters you typed. (**Note:** There are almost 400 food items included in the food list. They consist of the most common foods eaten by

Americans. For more information on the food data base, see pp. 23 to 31.)

b. To move through the items listed to find the one you want, you will use the **CRSR<up>** and **CRSR<down>** keys to move the highlighter up and down, respectively. If the list is too long to show on the screen all at once, an inverted carat will appear at the right of the last item. Using the **CRSR<down>** key will reveal the additional items.

c. When you have found the desired item, you will press the < + > key. This will add the food to the meal listing in the upper portion of the screen.

If you should make a mistake while typing in a food name, you can correct it simply and easily. Use the computer's **<INST DEL>** key to erase what you have typed. Then retype your entry. **Note:** You cannot go to a new function unless you either enter or erase an entry once you have begun to type it in.

Here are some tips for finding food items in a hurry. Use *singular* name forms (e.g., EGG, not EGGS), separate words in a multiple-name food item with a comma and no space (e.g., ARTICHOKE, HEARTS) and abbreviate names to the first three letters or so (e.g., PIZ for PIZZA).

It's true that the more letters of the name you type, the more likely it is that the computer will call up the exact item for you, and you won't have to scan through other entries to get to it. *But this is true only to a point.* Why?

First, it takes longer to type in the whole name. Second, you must type the entry *exactly* as it is listed in the food data base, or the computer will pass right over it and tell you *food not found!* By using only the first three letters, you may still locate the item very quickly (not that many items share exactly the same sequence of three letters) while not taking the chance of missing the item because you spelled the name wrong or didn't use exactly the same entry name as in the computer.

Some actual practice at this point should clear up any confusion.

We're going to report a breakfast. The highlighter on your screen

should be on ADD FOODS (move it there if it isn't), and ENTER FOOD NAME should be on the bottom left of the screen.

For this meal, you had two fried eggs, buttered toast, orange juice, and decaffeinated coffee.

First, tackle the eggs. Type EGG, press <**RETURN**>, and examine the list of foods for the entry that best describes what you ate. You may only use lower-case letters when you type in the food name. We've used upper-case letters here for easier reading. Don't worry about portion size (i.e., how many eggs you ate) at this point.

Did you find the entry *lg,egg*? Good. When it's highlighted (use your **CRSR**<**up**> and **CRSR**<**down**> keys, remember?), press the <**+**> key. You've added it to your meal report. Simple, right? What else could you have typed in to find the food faster? Experiment a little.

Now let's try the toast. (Remember, the butter will have to be entered separately.) Type BREAD and press <**RETURN**>. Too many entries that way? Now erase this and try TOAST. That's better, isn't it?

Keep in mind that although there is no one way to do your searches, there are shortcuts. In almost no time at all you'll be at home with the way the food list is devised and be able to quickly call up almost any food.

What if you're stuck? Just remember this: The fewer letters you enter, the more items will be called up on the screen. You can be as specific as you want—or as general. It's up to you.

Try to find the orange juice now. (Hint: you can go to it immediately by typing in ORA,JU,UNS). Finish off by adding the butter and the decaf coffee. (Did it contain milk or cream and sugar? These must be added separately.) Your screen should look like this if you've been following along with us:

Breakfast 1/9 Add Foods	7AM Happy Portion	Unit	Report Cals
lg,egg protein	1 1/4	EA	102
bread/toast starch	1	SL	73
unsw,orange,juice fruit	1/3	CP	40
butter fat	1/2	TS	45
decaff,coffee/Sanka lo.cal.	1 1/4	CP	0
all foods	?: Help		
ENTER FOOD NAME: □			

A final point on adding foods to your meal. The screen can only show five items at a time, but the computer can store fifteen. You can "scroll" through the entire list using the **CRSR<up>** and **CRSR<down>** keys when you adjust portion sizes.

To sum up, type in the food name, or an abbreviated version of it, press **<RETURN>**, highlight the appropriate food in the food list, then press the **<+>** key to add the food to the meal report.

Use these keys to edit your entries quickly:

<CLR HOME>	Moves the cursor to the beginning of the line.
<SHIFT>,<CLR HOME>	Deletes the entire line.
<SHIFT>,<INST DEL>	Toggles "insert mode" on and off. When on, letters can be inserted in the middle of a word.
<INST DEL>	Deletes the character the cursor covers.

Deleting a Food

Suppose you accidentally entered a food you didn't intend to. How do you erase it?

Again, it's a simple process. While the highlighter is on ADD FOODS, press the <–> key. This puts you in the "delete mode." Using the **CRSR<up>** and **CRSR<down>** keys, move to the food you want to erase and press the <–> key. The food item listed should disappear from the screen.

5. ADJUST PORTION SIZE

After you have entered everything you ate at a specific meal, you will need to adjust the size of the portions. Press the **CRSR<right>** key to highlight the words PORTION/UNIT/CALS. Note that the lower right portion displays a "Scorecard" that contains the caloric content of your reported intake. (More on the Scorecard later.)

To adjust portion sizes, you must first move the highlighter to the food item you want to work with. Do this by using the **CRSR<up>** and **CRSR<down>** keys. When you select the PORTION function, the last food you entered will be highlighted first. Although you can do your adjusting in any order you wish, you might want to go from bottom to top or top to bottom so you don't overlook any items.

Now use—yes, you guessed it—the <+> or <–> key to increase or decrease portion size. Be sure to adjust the portion to reflect the amount you actually ate, not what you wished you had! Adjust the portion sizes of the breakfast items we entered earlier.

Generally, you will begin your Food Reporting routine with breakfast and continue from there to the other meals of the day. To see if you have mastered the concepts of Food Reporting, let's move on from breakfast to lunch and enter another meal. Put the highlighter back on the first category, MEAL AND DATE, and use the <+> key to move from breakfast to lunch.

Here are the foods you will enter for your lunch menu:

5 oz. water-packed tuna
1/2 T. mayonnaise
2 slices toasted bread
1 cup garden salad
1 medium apple

If you have any problems, review this chapter again. Work slowly until you know your way around the Food Reporting System. Entering foods correctly is a crucial part of *The Original Boston Computer Diet* program, so make sure you understand the system before you move on.

Here now is what the screen should look like if you entered the above lunch menu correctly:

Lunch 1/9 Add Foods	12PM Happy Portion	Unit	Report Cals
tuna,in,water,*ps #3 protein	5	OZ	180
mayonnaise fat	1/2	TB	50
bread/toast starch	2	SL	146
garden,salad vegetab	1	CP	25
apple,(3" dia) fruit	1	EA	77
all foods	?: Help		
ENTER FOOD NAME: ☐			

Now, delete the practice meals and, if you wish, enter what you *really* ate for breakfast and lunch. The meals you have entered in the tutorial will be saved on your disk unless you delete them at this point; you will *not* be given an opportunity to delete them later. Leave the tutorial by pressing the <**ESC**> key twice. This will return you to your discussion with your counselor. At the conclusion of the session, the Main Menu will appear. Choose option <**0**> on this menu to save your data and exit the program properly. Always be sure to exit the program through the Main Menu whenever you conclude a session or as the very last thing you do before removing your disk.

The Meal Planning Tutorial

The Original Boston Computer Diet is based on the idea that having a structured meal plan for the early stages of a diet is best. As the program proceeds, you will be taking more and more responsibility for your meal planning, working towards developing healthy habits that will last the rest of your life.

The Meal Planning and Food Reporting systems use very similar procedures. As in Food Reporting, you can't hurt anything by making mistakes, so feel free to experiment.

If you have completed the "How To Be a Goal Getter" assignment and have been given a caloric level for weight loss, *The Original Boston Computer Diet* will be ready to recommend specific meal plans to help you achieve your goals.

The program can plan two days' worth of varied, balanced meals for each of four caloric levels: 1,000, 1,200, 1,400, and 1,600 calories per day. These will be entered into the Meal Planning System and will appear in the part of the screen where meal reports are displayed when you ask your counselor to plan for you.

During the first ten days, you will be given specific menus for three meals a day. During the next eight days, only the dinner menu will be offered to you. After that, you will be expected to plan all of your meals yourself.

GETTING MEALS

Before each of the first ten planning sessions can begin, you will need to answer a series of questions put to you by your computer counselor. For example, your counselor will want to plan three balanced meals for you for each day. We strongly recommend that you go along with what has been planned for you, but you are given the chance to plan fewer than three meals a day if you insist.

Other questions put to you by the computer are:

- *On which day would you like your meal plans to begin?* You may or may not want to plan today's meals if you are in the middle of the day. You can start with tomorrow if you wish.
- *Indicate the first meal we should plan.* Even though you will usually be planning all three meals, there may just be one or two meals left the day you start the program (e.g., dinner). It is fine to plan just for that meal.

After the first few sessions, the computer counselor will bring up the matter of Meal Planning. If you or your counselor have already planned meals for the next few days, simply choose **No** when you are asked if you wish to plan. Any new meal plan entered will overwrite (erase) an earlier one, so be careful not to erase a meal plan you really want to follow. (Of course, if you want to change your meal plan, here is the opportunity for you to do it.)

As stated above, you can plan for two days into the future. Also, like Food Reporting, you can include up to fifteen food items per meal. Although we don't recommend it, you can also plan for snacks.

Meal Planning is organized into four steps. Once you have entered the Meal Planning System, use the **CRSR** <**right**> or **CRSR** <**left**> key to select the function you want. You will note that Meal Planning does not include use of MOODS because not only is it impossible to plan your mood in advance, but also a meal plan should be followed *regardless of mood.*

1. FIND THE MEAL TO PLAN

To see the different meals planned for you, use the **CRSR** <**right**> key to highlight the MEAL AND DATE function and the <+> and <–> keys to move from meal to meal. Remember that if you did not want the computer to plan some of your meals for you, the screen will be blank when you reach that meal. It is then up to you to enter your own meal plan.

2. PLAN HEALTHY SUBSTITUTIONS

Look over the meal plans the computer counselor has prepared for you. Although you may need to make some changes in these meals for medical reasons or because you have a strong aversion to certain foods, try to avoid making changes as much as possible. The menus were carefully designed to be nutritionally balanced within the caloric limits of your specific weight-loss program.

If you decide not to eat one or more of the items in a recommended meal, you need to plan a suitable alternative. The principles for substitution are simple:

a. Choose a new food from the same Food Group, if possible. Just as if you were in the Food Reporting System, highlight ADD FOODS and search the food list for substitutes by typing in food names and pressing <**RETURN**>. When you have found something appropriate, highlight it and press the <+> key. Note that this is the same method you used to add foods to your meal reports.

b. Adjust the portion size of the new food (go to PORTION/UNIT/CALS and use the <−> or <+> key) so it will provide approximately the *same number of calories* as the food you plan to delete.

c. To delete the original entry, return to ADD FOODS and use the <−> key to enter the delete mode. Use the **CRSR** <**up**> or **CRSR** <**down**> key to highlight the food you want to delete and then press the <−> key to remove the item from your screen.

If you are having trouble deciding what foods to substitute, you can easily scan through foods in the same Food Group. Highlight the ADD FOODS function first. Then press <**f2**> to change the Food Group shown on the screen. Now press the <**RETURN**> key to see a list of all foods in the data base from the selected Food Group. Scroll through this list by pressing the **CRSR** <**down**> key until you find a food you want to substitute. Finally, choose a food that is highlighted by pressing the <+> key.

3. PLAN THE HOUR OF YOUR MEAL

Once you have selected the meal and date, you need to plan the hour. As in Food Reporting, use the **CRSR** <**right**> key to highlight the HOUR option and the <+> and <−> keys to change the hour.

4. GO ON TO NEXT MEAL

When you have finished making all of the necessary substitutions for the first meal and adjusted the portion sizes appropriately, it is time to move on to the next meal. Highlight the MEAL AND DATE function and use the <+> and <−> keys to set the meal and date.

WHAT HAPPENS TO YOUR MEAL PLANS?

The meals you planned under the Meal Planning System will reappear the next time you enter the Food Reporting System. If you have followed your plan, Food Reporting will be a snap. You may just need to make minor changes to reflect any differences between what and how much you ate compared to what and how much you planned to eat.

Note: If your computer is equipped with a printer, you can obtain a printout of your meals (see p. 46 for more information). Your computer counselor will offer you the opportunity during your sessions. Printouts make it easy for you to keep track of what you should be eating and can also be useful for recording any deviations from your plans. You can also make a shopping list based on your meal plans. Whether or not you make the grocery runs in your household, it is important that the ingredients for your planned meals be on hand.

LEAVING THE MEAL PLANNING SYSTEM

After you have planned your meals, press the <**ESC**> key twice. This

will return you to your discussion with your counselor. At the conclusion of the session, the Main Menu will appear. Choose option <**0**> on this menu to save your data and exit the program properly.

VITAMIN SUPPLEMENTS

Although they are not included in your meal plans, vitamins are an important part of any sensible diet. It would be prudent for you to include a multi-vitamin and mineral supplement in your meal plans, especially if you're on a 1,000- or 1,200-calorie diet. This will ensure adequate nutrient intake.

Try to choose a brand that supplies 100% of the RDA for most nutrients, rather than one that significantly oversupplies certain nutrients to the exclusion of others. If you need assistance, consult your local pharmacist.

THE WAY IT IS—REALLY

When planning meals, use the Scorecard to compare an actual day's intake to your meal-plan goal. Even though structure and planning is important in life, few things conform perfectly to an ideal. This is true with foods and eating patterns, so you must adjust accordingly.

Based on your prescribed caloric level, foods were planned from each of the food categories to give balanced nutrition. When planning meals, however, you may not want to follow the food distribution exactly—and that's OK. If this is the case, you should distribute your intake over three meals rather than save up all of your calories and distribute them over two meals; this is important for both behavioral and nutritional reasons. If you don't follow the planned food distribution per meal, try to keep track of your daily totals.

The following sections of this guide, which will be assigned to you by your counselor, will teach you more about the program, but for now you have all the tools you need to get started. Enjoy!

The Food Data Base

Built into the program is an easily accessible list of almost 400 food items, each item containing specific portions, calories, and Food Group information. This list makes up the FOOD DATA BASE.

Most of the foods you need for Food Reporting and Meal Planning are already in the data base. If a favorite food is not listed, you can easily add it to the data base (see below). You cannot, however, edit or delete existing entries; you can only edit or delete entries you have added to the data base yourself.

Your data base can include a total of approximately 500 foods. The exact number depends on the average length of the food names. If you try to add foods beyond the program's capacity, a warning message will appear.

You must already be in the Food Reporting or Meal Planning System to make changes in the data base. It does not matter how you get there.

To make changes in the data base, first highlight the ADD FOODS function, type in the name of the food you wish to add, edit, or delete, and press <**RETURN**>. Then press <**f8**>, which will display a list of the keys and options you will use to make changes in the data base:

<**+**> to add a food to the data base
<**−**> to delete a food from the data base
<**f8**> to edit a food in the data base

Although ADD FOODS is the same function you use to add a food to a meal, *adding a food to a meal and adding a food to the data base require separate operations.* It is important to keep this distinction clear in your mind.

ADDING FOODS TO THE DATA BASE

To add a new food to the data base, first verify that the food is not listed (you should receive a *food not found!* message if you try to call it up from

the data base). Then press the <**f8**> key. When you see the screen allowing you to change a food in the data base, press the <+> key. You will be asked to supply certain information; be sure to follow all the rules that appear at the top of your screen. Here is how to proceed:

Enter New Food Name. Type the name of the food as it will appear in the data base (abbreviate if necessary). The names in the data base appear in lower-case letters. When entering a new food, however, you must capitalize the first letter to help the program file your entry. If the food name is two or more words, indicate the "key word" in the name by capitalizing the first letter of that word and that word *only*. Entries in the data base are alphabetized according to key word. For example, if you enter

Egg,salad

the entry will appear in the data base near other egg entries. But if you type

egg,Salad

the entry will appear near other salad entries. The choice is yours. Don't forget to add commas between the words in your entry and avoid blank spaces—they take up valuable space.

Select Food Group. Indicate the Food Group to which your new entry belongs by pressing <**f2**> as many times as required to display the proper Food Group name. Look for the name at the middle left of your screen. When the proper Food Group is shown, press <**RETURN**>.

If you are not sure which Food Group is the appropriate one for the particular entry you are adding to the data base, use one or more of the following steps to help you decide:

1. Go back to ADD FOODS and browse through the data base to find similar foods. When you find one, check the Food Group to which it

is assigned. The group name will be shown in parentheses at the top of the food list in the data base.

2. If the food you are entering is a combination of many foods, such as a casserole, you may want to enter the ingredients separately. An alternative to listing each food item separately is to choose the Food Group of the ingredient that contributes the most calories to the dish you are entering. Usually this food will be a member of the protein, starch, or fat Food Group.
3. Use a publication from the U.S. Department of Agriculture or other sources to research the nutritive value of foods.
4. Consult a registered dietitian at a local hospital or health center for information on specific foods.

You will be asked questions regarding nutritional values and told to enter the appropriate unit of measure (portion) and to estimate the calorie amount per unit. Answer these questions as best you can (see text below for help).

When you have completed these questions, press <**ESC**> to return to the Food Reporting screen and highlight ADD FOODS. Just to see if your new food has been added to the data base, enter the name of the food as you typed it and press <**RETURN**>. It should appear on your screen now as part of the data base.

ASSIGNING NUTRITIONAL VALUES TO NEW ENTRIES

You can discover if a food is rich in a particular nutrient by making the following observations:

A food is high in sodium if it

1. is a smoked or canned meat, fish, or poultry (e.g., ham, canned chicken), canned vegetable, or soup (unless these foods are identified as low-sodium products).

2. lists salt, sodium, or a compound with sodium as one of the first three ingredients on the package panel.
3. is a food pickled or preserved with salt, sodium, or a compound containing sodium (e.g., sodium nitrate).

A food is high in calcium if a single portion contains at least one serving of a calcium-rich dairy product.

A food is high in iron if

1. a single portion contains at least one serving of fresh meat, fish, or poultry.
2. a single portion contains at least one serving of dried beans or peas (legumes).

A food is high in dietary fiber if

1. it is a fresh, frozen, raw, or slightly cooked fruit or vegetable.
2. a single portion contains at least one serving of whole grains and/or legumes.

A food is high in fat if it

1. lists fat or some form of fat—lard, butter, oil, margarine—as one of the first three ingredients on the package panel.
2. derives more than 30% of its total calories from fat (e.g., Roux, guacamole, cheese sauce).

A food is high in sugar if it

1. lists sugar or some form of sugar—sucrose, glucose, fructose, honey, molasses, brown sugar—as one of the first three ingredients on the package panel.
2. is a homemade or commercially prepared dessert.
3. derives more than 10% of its total calories from simple sugar.

ASSIGNING CALORIES AND PORTION SIZE TO NEW FOODS

Facts to Remember

1. Each Food Group has been assigned a standard number of calories.
2. Portion size directly affects the caloric level of food: the larger the portion, the higher the caloric level.
3. Calories are determined by the carbohydrate, protein, fat, and/or alcohol content of the food item.

Single Food Items. After you have determined the appropriate Food Group for your new food item, try these methods to estimate its caloric level:

1. If the food is packaged, check to see if there is a nutritional information panel on the container that lists calories per serving.
2. If no panel exists, consult a pocket calorie-counter for information on calories and portion sizes.
3. Consult a registered dietitian by calling the nutrition or dietary department of your local hospital or health center.
4. The last resort is to make an educated guess by:
   - finding a similar food in the data base;
   - noting the portion size and calories of similar foods;
   - questioning whether this new food has a higher fat and/or sugar (starch) content than similar foods. If so, increase the calories accordingly.

Enter the food item into the selected Food Group. The portion size will automatically be adjusted according to the standard calories assigned to the selected Food Group.

Combination Food Items. If the new food is a dish prepared from a recipe, determine the caloric level by using the following method:

1. List the ingredients and portions for the entire recipe and search the data base for each ingredient, adjusting the calories by the portion size.
2. Total the calories for all ingredients used in the recipe.
3. When you enter the selected Food Group, the portion sizes will automatically be adjusted according to the standard caloric level assigned to that group.

FOOD PORTION EQUIVALENTS

Volume		
3 teaspoons	=	1 tablespoon
2 tablespoons	=	1 fluid ounce
16 tablespoons	=	1 cup
8 fluid ounces	=	1 cup
1/2 pint	=	1 cup
4 cups	=	1 quart
Weight		
1 ounce	=	28.35 grams
3.57 ounces	=	100 grams
16 ounces	=	1 pound

Note: All measurements are level.

EDITING A FOOD IN THE DATA BASE

To edit a food, you must first find it in the data base. Highlight ADD FOODS, type all or part of the food's name, press <**RETURN**>, and

scroll through the list with the **CRSR** <**up**> or **CRSR** <**down**> key to highlight your selection.

After you have the proper food highlighted, press <**f8**> to edit the food name. Editing is performed by responding to the same sequence of prompts used in adding a food to the data base. (See above.)

DELETING A FOOD FROM THE DATA BASE

To delete a food from the data base, first highlight ADD FOODS, type in the name of the food you want to delete, and press <**RETURN**>. When the proper food is highlighted, press <**f8**> to enter the edit mode, then <–> to delete the food. *Be careful not to get this function confused with deleting foods from a meal,* which is accomplished by pressing the <–> key when the indicator is on ADD FOODS.

A WORD ABOUT THE DATA BASE

Get It from the Source. Most of the information on the caloric and nutritional content of foods in the program is derived from the U.S.D.A. publication on the nutritive value of foods. Because many of the food items are generic, the caloric levels may not always match the brand-name counterpart. The difference between the caloric content of the items, however, is usually negligible. Should you find a brand-name food that differs in caloric content from the generic food listed, remember you can always edit the data base (see page 28) to make the caloric content of a food as accurate as possible.

Program Particulars. Because of the Commodore's memory limitations, many of the food items in the data base share certain assumed characteristics. For example:

1. Meat entries are cooked and lean, unless otherwise stated.
2. Vegetable entries are cooked unless commonly eaten raw (e.g., cucumber). The number of calories and portion sizes of raw and cooked foods are assumed to be approximately the same. Wherever a difference exists, it will be specified in the data base.
3. Fruit entries are fresh, unless otherwise stated.
4. Grain entries (e.g., rice, noodles) are cooked, unless otherwise stated.
5. The beans/legumes entry represents all varieties of dried beans (e.g., kidney, pinto, lima) that must be cooked to be eaten.
6. The bread/toast entry represents a variety of commercially sliced breads. The fiber content will be higher in whole-grain breads than in processed white breads. Although the program does not record this difference, it is wise to eat those breads that are higher in fiber.
7. The salad dressing entry represents a variety of regular mayonnaise/oil-based dressings (e.g., French, Italian, blue cheese, Russian, Thousand Island).
8. The mixed nuts entry represents various types of nuts (e.g., peanuts, cashews, walnuts, almonds).
9. The cheese entry represents various semisoft and hard cheeses (e.g., American, blue, brick, Cheddar, Colby, Monterey Jack, Muenster, Parmesan, provolone, Swiss) that have similar fat, protein, calorie, and sodium content.
10. The soup entries are canned, unless otherwise stated, and are thus high in sodium. The use of cream, whole milk, or skim milk in place of water during preparation will raise the caloric level. Both the creamed soups entry (mushroom, tomato, and chicken) and the meat and vegetable soups entry (turkey, chicken, or beef plus noodles, rice, or vegetables) are also canned.
11. For fish, you should enter the specific food name (e.g., flounder, salmon).
12. For luncheon meats, enter the specific food name (e.g., liverwurst, salami).
13. Foods whose portion sizes are commonly underestimated (e.g.,

ABBREVIATIONS USED IN DATA BASE

WORD	ABBREVIATION	WORD	ABBREVIATION
alcohol	alco.	peanut butter	p. butter
calories	cal.	pound	lb.
chocolate	choc.	powdered	powderd.
cooked	ckd.	prepared	prep.
creamed	creamd./cr.	protein	prot.
dairy	dair.	roast/roaster	rst./rstr.
diameter	dia.	shredded	shred.
each	ea.	sliced	sl.
flavored	flav.	small	sm.
fortified	fort.	smoked	smokd.
frozen	froz.	starch	star.
fruit	frut./frui.	sweet/sweetened	swt./swee.
ground	grnd.	unsweetened	unsw.
instant	inst.	vegetable	vege./veg.
large	lg.	white	wht.
layer	layr.	whole	wh.
low calorie	lcal.	with	w/
mayonnaise	mayo.		
medium	med.		
ounce	oz.		
plus	+		

apple, pear, bagel) have been assigned specific diameters, lengths, or weights.

14. The portion size of specific alcoholic beverages (e.g., Manhattan, martini) is consistent with the measuring standards recommended by the *Bartender's Guide* (Stein).

When reporting a food from the Sweet Group, you may notice some unusual portions listed, such as 6 1/2 teaspoons of sugar or 1/32 piece of pie. This is not necessarily a recommended portion. Rather, these portions reflect one swap (the standard caloric level assigned to the Sweet Group).

In spite of awkward portion sizes, you will find all menus within fifty calories of your caloric prescription.

Food Swaps

After the first ten days of the program, you are expected to assume more and more responsibility for the structure of your diet—in other words, fewer recommended meal plans are provided and you must begin to design meal plans for yourself.

This section will introduce you to the Food Swap system—a structure designed into the program to help you with these meal plans. The Food Swap system lets you add variety to your meal planning while keeping the meals themselves nutritious and within the caloric limit that was specifically established for you by your computer counselor.

THE FOOD SWAP SYSTEM

Frankly, it can be pretty tough to plan meals that maintain a certain caloric level. You can either eat the same foods every day or spend hours leafing through calorie counters. Sooner or later, however, you will grow tired of the tedium and return to haphazard—and old—eating habits.

To prevent this lapse, *The Original Boston Computer Diet* created the Food Swap system. The Food Swap system is based on common sense and six Food Groups. Foods are classified into a particular group based on the nutrients they contain, such as protein, carbohydrate, fat, vitamins, and minerals.

A Food Group is a category of foods. The foods included have roughly similar nutrient content, at least for the purposes of meal planning, and are assigned a standard number of calories.

A Food Swap is a pre-portioned food choice within a Food Group. The portion size of the Food Swap is determined by the standard calories assigned to the Food Group.

HOW TO USE FOOD SWAPS

Before you can use the Food Swap system, you must know how many calories you should be consuming each day. In the dialogue "How To Be a Goal Getter," you were prescribed a specific caloric level for your weight-loss diet. These calories were distributed over the six Food Groups in the creation of your recommended meal plans.

FOOD GROUPS AND CALORIES IN THE SWAP SYSTEM

FOOD GROUP		NUMBER OF CALORIES PER SWAP
Protein Foods	=	100
Starches	=	70
Vegetables	=	25
Dairy Foods	=	80
Fruits	=	40
Fats	=	50

Knowledge of which foods belong in each Food Group is the first step to food swapping. For example, each dinner contains foods that represent 2 to 4 Protein Swaps. Protein Swaps may include fish on Monday, chicken on Tuesday, and veal on Wednesday because each of these foods provide roughly similar amounts of protein and fat and are therefore acceptable for swapping. Since not all foods contain the same number of calories per unit of measurement, portions must be adjusted. *Portion size is the key to the Food Swap system.*

Consider this: Swaps from the Fruit Group have 40 calories each. Oranges, plums, and bananas are all members of this group, but the portion size of an orange Fruit Swap is different from the portion size of a plum or banana Fruit Swap. To make them all calorically equivalent, the portion sizes must be adjusted.

The following fruits each have 40 calories, and therefore equal one Fruit Swap:

1 medium orange = 2 plums = 1/2 a medium banana

Or consider a Protein Swap. Swaps from the Protein Group have 100 calories each. Cheese, tuna, and veal are all members of this group. But,

1 oz. of cheese = 100 calories

1 oz. of water-packed tuna = 35 calories

1 oz. of veal cutlet = 60 calories

To equalize the calories, adjust the portion size as follows:

1 oz. of cheese = 100 calories

2 3/4 oz. of water-packed tuna = 100 calories

1 2/3 oz. of veal cutlet = 100 calories

Now you can swap one food for another and stay within the 100-calorie portion for protein.

Don't be afraid of all the math involved in this. Your computer does all of the calculations for you when you are planning meals. You may have noticed this going on when you first added a food to a meal in either the Food Planning or Meal Reporting System. The portion size of a food that appears in the wide box at the top of your screen makes up one Food Swap of that food.

One minor drawback to having the computer do the calculations is that sometimes you will see some awkward portion sizes. For example, you are not really expected to drink exactly 7/8 cup of lowfat milk. You should adjust this to reflect your intake.

SURPRISING FOODS

The following table shows some foods that may surprise you when you

see which Food Group they belong to. The group assignment was based on the nutrient content of these foods.

SURPRISING FOOD GROUP MEMBERS

PROTEIN	STARCH	VEGETABLES	FRUITS	FATS
Dried beans	Potato	Broth/ Consomme	Lemonade	Avocado
Eggs	Corn	Ketchup	Plantain	Cream cheese
Quiche	Wheat germ	Pickles	Sweet/sour	Refried beans
Peas	Cereal	Chili sauce		Olives
Tofu	Salty snacks (Pretzels/ Chips)			Bacon
Cheese				Nuts
Peanut butter				Seeds
Pizza	Winter squash			Sour cream
	Pumpkin			Cream powdered substitute
	Parsnips			
	Rice			
	Gelatin			
	Popcorn			
	Soup			

For example, let's consider two types of cheeses—cream cheese and (hard or semisoft) cheese—that you may assume would belong to the Dairy Group. Because cream cheese contains a large amount of fat and relatively little protein or calcium per swap, it is placed in the Fat Group rather than the Dairy Group. But (hard or semisoft) cheese is classified as a protein food even though it comes from a dairy and is fairly high in fat, because it is a common source of protein.

You may be wondering, "So where do I put diet soda, or candy, or wine?" The answer is—in its proper place. In addition to the standard Food Groups listed above, we have provided three other categories: Low Calorie, Sweets, and Alcohol.

There will be a few occasions when you *know* that you'll be eating these "other" foods, so, in those situations, *plan* for it. While you are trying to lose weight, try not to stray from the prescribed meal plan too often.

There are obvious limitations imposed by any system of grouping foods; you must use your best judgment when selecting foods for Meal Planning. For example, you violate the spirit, but not the rules, of the Food Swap system by making the "poor" choices on the left in the following table.

EXAMPLES OF HEALTHY AND POOR FOOD CHOICES

POOR FOOD CHOICE	FOOD GROUP	EXCELLENT FOOD CHOICE
Chocolate milk	Dairy	Skim milk or yogurt
Hot dogs	Protein	Chicken or fish
Pretzels	Starch	Whole grain bread
Ketchup	Vegetable	Fresh or frozen vegetable
Lemonade	Fruit	Fresh fruit in season
Bacon	Fat	Corn oil (in moderation)

Making regular choices such as those on the left would be nutritionally and behaviorally unwise. The selections are high in sugar, fat, sodium, or cholesterol and low in many essential nutrients.

From a behavioral standpoint, planning such a menu would be conscious weight-loss sabotage. Why? Because these high-calorie foods create serious portion-control problems for most people. Dieters who eat them regularly are setting themselves up for failure.

In sharp contrast, the excellent foods on the right should become part of your daily repertoire. If you plan your meals and approach these wholesome foods with a positive attitude, they'll soon become a part of pleasurable eating rather than provoke a feeling of deprivation.

THE SCORECARD

The Meal Planning and Food Reporting systems automatically translate your prescribed caloric level into Food Swaps. The details are illustrated by the Scorecard. This handy display appears in the lower half of your computer screen when PORTION/UNIT/CALS is highlighted. It will

help you plan meals, swap foods sensibly, and still maintain a reduced caloric level for weight-loss.

The Scorecards in the following table show meal plans for about 1,400 calories, distributed over breakfast, lunch, and dinner. Numbers in the GOAL column list how many Food Swaps per Food Group per meal you are allotted. The zeroes in the REPORT column show that no foods have been planned or reported yet for the meals the Scorecard depicts.

Let's practice a little.

Using the Scorecard in the table on p. 38, prepare to plan your protein selections for lunch. Two Protein Swaps are allotted for lunch. You can choose *either* two separate protein choices:

1 swap cheese + 1 swap turkey = 2 Protein Swaps

or choose two swaps of the same food choice:

1 swap turkey + 1 swap turkey = 2 Protein Swaps

As you may remember, a Food Swap is a standard portion of a food choice containing the number of calories that have been specified for its individual Food Group.

Let's work backwards for another example. Suppose you're eating dinner at a friend's house and the meal you see listed below is being served:

small salad

skinned chicken breast (approx. 2 oz.)

1 (10") ear of unbuttered corn

1 cup fresh strawberries

How would you apply this menu to the dinner meal for the 1400-calorie Scorecard?

TABLE OF TYPICAL SCORECARDS

Breakfast		
GOAL	SCORECARD	REPORT
1.0	protein	0.0
1.0	dairy	0.0
1.0	starch	0.0
1.0	fruit	0.0
0.0	vegetab	0.0
0.0	fat	0.0
0.0	other	0.0
290	MEAL CAL	0
1415	DAY CAL	0

Lunch		
GOAL	SCORECARD	REPORT
2.0	protein	0.0
1.0	dairy	0.0
1.0	starch	0.0
1.0	fruit	0.0
1.0	vegetab	0.0
1.0	fat	0.0
0.0	other	0.0
465	MEAL CAL	0
1415	DAY CAL	0

Dinner		
GOAL	SCORECARD	REPORT
3.0	protein	0.0
1.0	dairy	0.0
2.0	starch	0.0
1.0	fruit	0.0
2.0	vegetab	0.0
1.0	fat	0.0
0.0	other	0.0
660	MEAL CAL	0
1415	DAY CAL	0

Step 1. Identify the Food Group:

small salad = vegetable

chicken = protein

corn = starch

strawberries = fruit

Step 2. Now look at the swap breakdown. If you entered these foods using the Food Reporting System and looked at the Scorecard, you would find the following:

small salad = 1 Vegetable Swap

2 oz. skinned chicken = 1 Protein Swap

10" ear of corn = 2 Starch Swaps

1 cup strawberries = 1 Fruit Swap

To match the sample Scorecard exactly with your dinner menu, you can add another serving of salad, 4 oz. of chicken, a glass of skim milk, and use salad dressing for your Fat Swap. This is assuming you have closely adhered to your Scorecard distribution for the day. You aren't expected to know at this point how much of each food makes up a single swap (for example, that it takes 2 oz. of chicken to equal 1 Protein Swap). Both the Food Reporting and Meal Planning systems will make these calculations for you. In time, however, you will develop a good eye for portion sizes, which will serve you well in maintaining your new lower weight.

If the menu above were changed slightly to include Porterhouse steak instead of chicken, you would have to reduce your total portion to 3 oz. instead of 6 oz. This is because 1 oz. of Porterhouse steak equals 1 Protein Swap.

Why the difference? Steak has much more fat than chicken—not just the visible fat, but also hidden within lean parts of the cut. In order to swap steak for chicken and still stay within the standard number of calories that have been specifically assigned for a Protein Swap (100), the portion of steak must be reduced.

To put this in a more positive context, you can have larger portions if your swaps consist of lower-calorie foods within the Food Group! How do you know what's lower or higher in calories? By the computer-calculated number of calories per portion size shown on your screen. Remember: If the portion size is large, the food inherently is low in calories.

Three other Scorecards are available, showing calories per Food Group per meal; food swaps per Food Group per day; and calories per Food Group per day. Press <**f4**> to move between Scorecards.

TRANSLATING KNOWLEDGE INTO PRACTICE

Knowledge of food portions is useless if it cannot be translated into what winds up on your plate. Disregarding or miscalculating portions of food is a common problem for many dieters. Have you ever heard yourself say, "Oh, fruit is low in calories and good for me, so I can eat all I want."

This statement is only partially correct. Fruit is relatively low in calories, but if eaten in large quantities, the calories add up.

A word to the wise: *Portion your food before you plate it!* This will reduce your temptation to nibble or overestimate. Portion control requires a fair bit of planning. Make sure that your kitchen is equipped with a food scale, measuring cups, and measuring spoons. The more you measure now, the faster your eyes will become calibrated.

Here's an important tip: The area requiring closest planning scrutiny for most people is the intake of fat. Compared to the typical American diet, *The Original Boston Computer Diet* meal plans have significantly less fat. If you eat additional unplanned fat in the form of margarine, salad

dressing, or cooking oil, you will be consuming many more calories than your prescribed caloric level permits.

Even if you do eat foods in excess of your initial plan, make sure you report them. That way your computer counselor can help you pinpoint problems and give appropriate advice.

PLANNING YOUR OWN MEALS IN THE FIRST WEEK

If you do not want to use the menus that were planned for you during the ten days, you can create your own by following these instructions:

1. Enter the Meal Planning system. Use the **CRSR** <**right**> or **CRSR** <**left**> key to highlight the MEAL AND DATE function. A pre-planned menu will appear for the meal that you chose. (No pre-planned menus are offered for snacks.)
2. Use the **CRSR** <**right**> key to highlight ADD FOODS and press <**f4**> to select the Scorecard that displays your meal swaps. The GOAL column indicates the number of swaps available to plan per meal while the REPORT column keeps track of how much you've planned.
3. Return to ADD FOODS and select a desired food item from each unplanned Food Group listed on your Scorecard. The best way to do this is to press the **CRSR** <**right**> key to go to ADD FOODS, then <**f2**> to find the right Food Group, and <**RETURN**> to see the list of foods in that Food Group. **Note:** It's easier to start with protein, then dairy, and work your way through the meal and Scorecard.
4. After you've added your food item, adjust its portion size to match your Scorecard GOAL. **Note:** The portion size of your food choice is equivalent to *one* food swap.

If the Scorecard GOAL for a particular Food Group is greater than one, adjust the portion size of your food choice by pressing the <+>

key or choosing more than one food choice for that Food Group. Study the following table:

Lunch					
GOAL	SCORECARD	REPORTED	MENU		
2.0	protein	0.0	4 oz. boned chicken	=	2 Protein
1.0	dairy	0.0	1 cup skim milk	=	1 Dairy
2.0	starch	0.0	1 pita bread	=	2 Starch
2.0	vegetable	0.0	2 cup garden salad	=	2 Vegetable
1.0	fruit	0.0	sm. orange	=	1 Fruit
1.0	fat	0.0	low-calorie salad dr.	=	1 Fat

Note: An easy way to correctly adjust portions is to *double* the portion if the goal is two swaps and *triple* the portion if the goal is three swaps.

Maintenance

The maintenance phase of your diet prescribes a caloric limit that is based on your age, sex, height, weight, and activity level. Once you've learned how to estimate the caloric content of foods, distinguish nutrient-dense from calorie-dense foods, recognize your problem foods, behaviors, and settings, and found alternate ways of coping, you're ready to follow a flexible diet based on good eating habits.

Below are the maintenance meal patterns for diets containing 1,600-3,000 calories. Notice that the diets containing more than 1,600 calories reserve a specific number of calories for other food selections. *Do not use these calories for non-nutritious food choices.* Instead, use them to lend flexibility to your healthy diet.

The data base helps you make wise food selections because it provides the caloric contents of each food listed. *Be sure to measure portions and count calories accurately.* **Note:** You may receive some words of caution when you include sugar, alcohol, or fat during maintenance. Don't be alarmed. This is designed to make you more aware of which foods are especially high in calories.

Maintaining the weight you've lost is a challenge, and very possible. If you eat sensibly, continue to keep calories in check by applying the skills you've learned, and practice self-monitoring—preplanning, food recording, and weekly weigh-ins—you'll keep your weight down.

MEAL PLANS

1600 calories	
# SWAPS	CALORIES
6 protein	600
6 starch	420
4 fruit	160
5 vegetable	125
2 milk	160
3 fat	150
Total	1615

1800 calories		2000 calories	
# SWAPS	CALORIES	# SWAPS	CALORIES
6 protein	600	6 protein	600
6 starch	420	7 starch	490
4 fruit	160	4 fruit	160
5 vegetable	125	5 vegetable	125
2 milk	160	3 milk	240
3 fat	150	4 fat	200
other	200	other	200
Total	1815	Total	2015

2200 calories		2400 calories	
# SWAPS	CALORIES	# SWAPS	CALORIES
7 protein	700	7 protein	700
8 starch	560	9 starch	630
4 fruit	160	5 fruit	200
5 vegetable	125	5 vegetable	125
3 milk	240	3 milk	240
4 fat	200	5 fat	250
other	250	other	250
Total	2235	Total	2395

2800 calories		3000 calories	
# SWAPS	CALORIES	# SWAPS	CALORIES
8 protein	800	8 protein	800
11 starch	770	13 starch	910
6 fruit	240	7 fruit	280
6 vegetable	150	7 vegetable	175
3 milk	240	3 milk	240
5 fat	250	5 fat	250
other	350	other	350
Total	2800	Total	3005

Appendix A: First Session Menu/Main Menu

The Original Boston Computer Diet was designed so that you can reach the Main Menu only when you've begun the second session. After you have completed the first session, you will be offered the First Session Menu, which contains the following options:

‹1› Welcome/Program Tour
‹2› Choice of Counselor
‹3› Questions About Your Health
‹4› Questions About Your Nutrition
‹5› Questions About Your Eating Habits
‹6› Intro to Readings
‹7› Letter to Doctor/Dietitian
‹8› Return to Last Pressed <Esc>
‹9› Fresh Start
‹0› Finish Up Here

Once you begin to use the Food Reporting System, you will be returned to the Main Menu after each session. We encourage you to make it a habit at that time to print out menus and shopping lists and to view graphs (especially the weigh-in and daily caloric intake), which will provide you with valuable information on your daily progress. You should then choose option <**0**> to exit the program properly.

To get to the Main Menu while in the program, simply press <**ESC**>. Note, however, that you may have to press <**ESC**> several times if you are in the Food Reporting or Meal Planning System.

Here, now, are the options on the Main Menu:

‹*1*› *Start a daily session.* (This option allows you to start a session over again from the Main Menu as an alternative to rebooting the program. You might want to do this if you have been interrupted in the middle of your session, been away for a while, and want to refresh your memory concerning the beginning of the session.)

‹2› *Show activities.* (A submenu will appear offering you a choice of three groups of activities: unassigned, incomplete, and completed. Option ‹1› from this submenu will give you an overview of the entire program's activities. Most of these will be assigned to you later on, but if you feel strongly about it, you can do them early. Option ‹2› from the submenu allows you to repeat a session you have already completed, perhaps to change information you gave the computer earlier or to print out a letter to your doctor. Option ‹3› from the submenu offers you a chance to complete an activity if you were stopped in the middle of a session. You can also use this option to check to see if there are any activities you failed to complete.)

‹3› *Return to the last pressed <Esc>.* (If you pressed <**ESC**> from anywhere in the program, this will return you to wherever you were.)

‹4› *Report or plan meals.* (If you want to report or plan meals but not have a session with your counselor, use this option. Also, if you like to report your meals right after you have eaten, this option can come in handy.)

‹5› *View graphs.* (Bar and line graphs can show you the progress you have made with your diet as well as other interesting information about your eating patterns and eating behaviors.)

‹6› *Print lists and records.* (This option lets you print shopping lists, records of your caloric intake for given periods, and meal plans.)

‹7› *Make an appointment.* (This option allows you to make an appointment with your computer counselor if you failed to do so during your last session or missed your scheduled session altogether.)

‹8› *Repeat first session activity.* (This option gives you the First Session Menu. If you want to begin the program again from the first session, choosing option ‹9› from the submenu offered will erase all the data you have entered and allow you to start fresh.)

‹9› *Enter a new weight.* (Use this option if you want to weigh in but not have a session with your counselor or if you want to weigh in on a day other than your scheduled weigh-in day.)

‹0› *Exit program.* (Pressing <**0**> here will save your data, allow you to quit the program, and, if you wish, boot up another program.)

Appendix B: Preparation Suggestions

When you follow these preparation suggestions, remember to measure and record your portions in your Food Reports.

PS#1—Yogurt. A good source of calcium, yogurt makes a wonderful low-calorie dessert. If plain yogurt's tart taste is unpalatable to you, try adding fresh or canned (unsweetened) fruit, cinnamon, vanilla, or other flavor extracts.

PS#2—Spritzer. As a change of pace from diet soda, mix seltzer (carbonated spring water) with your favorite fruit juice. For a zero-calorie spritzer, squeeze a wedge of lemon or lime into the carbonated water instead of the juice.

PS#3—Tuna Salad. It's important to avoid mixing tuna with tablespoons of mayonnaise, as this adds substantial calories to an otherwise low-calorie food. *Be sure the tuna is water-packed.* To add zest, mix it with a little prepared spicy mustard, a dab of horseradish, or a teaspoonful of chopped onions, scallions, or green pepper. Put it on bread or scoop it on top of a crispy salad.

PS#4—Breakfast Danish Delicio. Toast a slice of whole grain bread, spread a scoop of lowfat cottage cheese on top, and layer with fresh or canned (unsweetened) fruit. For variety, select different breads, try fresh fruit, or even add a dash of spice, such as cinnamon, and broil.

PS#5—Stirfry...Anything! Slice and parboil fibrous vegetables, add boned chicken that is cut into pieces, and cook them together in a nonstick surfaced pan. Place over moderately high heat, season to taste, and toss quickly until the meat is cooked and the vegetables are still crisp (approximately ten minutes). For a change of pace, try scallops, crab, seafood sticks, or tofu*.

* Tofu is a high-quality, low-calorie alternative to animal sources of protein. It is made from soybeans and can take on a variety of flavors. Cut the tofu into pieces and marinate in a small amount of soy sauce for one hour before stir frying. For additional variety, try adding ginger.

PS#6—Cold Bean Salad. Mix together parboiled snap, wax, and kidney beans with a small amount of onion. Add wine vinegar and experiment with different herbs and spices. Chill.

OTHER FOOD RECOMMENDATIONS

There's definitely more to food enjoyment than butter and cream sauce. Exploring new cuisines can be fun and educational, while providing low-calorie alternatives to one's daily fare.

Here are three lowfat and easy-to-prepare recipes from the Middle East.

Labneh (Hung Yogurt). Although Labneh tastes like cream cheese, it is lower in fat and contains the protein and much of the calcium of yogurt. In Lebanon, it's eaten on pita bread with olive oil and fresh mint. However, to avoid added calories, skip the oil.

To make, place plain, lowfat yogurt into a cheesecloth. Tie the ends together and let the bag hang over a bowl overnight (eight to ten hours) until most of the fluid drains into the bowl. Remove the yogurt from the cloth, place in a bowl, and refrigerate. *Swap equivalent: 2/3 c. Labneh = 1 Dairy Swap.*

Baba Ganoosh (Baked/Smoked Eggplant). Fortunately this food is becoming more available in deli and supermarket sections. It makes a terrific sandwich spread, especially on pita bread.

To make, preheat the oven to 450° F. Wash a whole eggplant, puncture it with a fork, and place it on a cookie sheet; bake for fifteen minutes until very soft. Let cool, then peel, and place in a bowl. Mash well. Squeeze the juice from one to two fresh lemons (lemon juice concentrate is OK in a pinch). Add one to two finely crushed garlic cloves and two tablespoons of tahini.* Mix ingredients together and

*Tahini (ground sesame seeds) is a butter that is very high in fat and calories. Use sparingly.

chill. Adjust the lemon and garlic portions to suit your individual taste. *Swap equivalents: 1/2 c. = 1 Vegetable Swap and 1 Fat Swap (depending on amount of Tahini).*

Tabouli. To prepare, chop one to two bunches of fresh parsley, dice (finely) one-half tomato and add to one-quarter cup cooked bulgar. Squeeze the juice from one fresh lemon (adjust to taste). Measure two teaspoons olive oil and add black pepper to taste. Mix the ingredients together in a bowl. *Swap equivalents: 1/2 recipe = 1 Vegetable Swap and 1 Starch Swap.*

Make a Quick Pizza. Split a pita bread (whole wheat, preferably) in half lengthwise with a knife and spoon in approximately two tablespoons of prepared tomato sauce. Add 1 oz. thinly sliced or shredded cheese and sprinkle with oregano, basil, and/or garlic, according to taste. Broil until the cheese melts. *Swap equivalents: individual pizza = 1 Starch Swap, 1 Vegetable Swap, and 1 Protein Swap.*

Choose High-Fiber, Complex Carbohydrates. For variety, try choosing legumes (e.g., beans, dried peas) for your Protein Swap instead of, or in addition to, fish and chicken. Combining beans and grains creates a high-quality, low-fat source of protein. When it's cold outside, make bean or lentil soup. When it's hot outside, use legumes in cold pasta (spinach or whole wheat) salad.

Make it with Yogurt. Try using yogurt for party dips, salad dressings (blended with your favorite herbs and spices), or dolloped on bean soup, baked potatoes, or vegetables. Be creative!

Cottage Cheese...Not Just a Diet Food. Lowfat cottage cheese is very versatile and is a good source of high-quality protein and calcium. Scoop it on top of a salad; stuff it in a tomato or pita bread; mix it with shredded cheese and diced raw vegetables for a great sandwich filler; blend it with yogurt and spices for a thicker dressing, dip, or vegetable

sauce; use it in lasagna or other recipes calling for ricotta cheese. Use your imagination!

Create a Tasty Salad Dressing. Too much dressing on a fresh salad can add to the calories. If you're used to a "wet" salad, start to cut back immediately. Instead of an oily dressing, try adding vinegar to a small portion of regular dressing to "cut" it; fresh lemon juice; fresh basil and wine vinegar; or spicy brown mustard and vinegar. Blending yogurt and cottage cheese with spices can also be a wonderful change of pace. Or, make a Virgin Mary: blend tomato juice or V-8 juice cocktail; wine vinegar; a small amount of crushed garlic, horseradish, and Worcestershire sauce; a squeeze of lemon; and a sprinkle of black pepper. Shake well, pour on your salad, and enjoy!

Explore New Cooking Ideas. Instead of frying foods in fat, try poaching fish or chicken in wine or wrapping fish and vegetables in aluminum foil (be sure to puncture the foil to let the steam escape while baking). Baking, broiling, grilling, steaming, stewing, or sauteeing in chicken or vegetable broth are healthier cooking methods to use than frying.

Technical Notes

- If you have a non-Commodore printer, be sure that the printer interface card is set to device number four and that it allows for software selection of ASCII characters. (If you are unsure, check your printer interface card manual for more information on these switch settings.) *If you intend to use your printer, turn it on* before *you boot up your program.*
- Whether or not you have completed a session, always exit the program by returning to the Main Menu and pressing **0**. Turn your computer off only after you are told your data is saved and it is OK to remove your disk.
- The letters "p.s." following certain foods that appear on your Food Reporting or Meal Planning screen refer to specific preparation suggestions that are given on pages 48 to 49 of this guide.
- Here's a tip. If you want to do a fresh start after the first session, boot Side 1 and when you get to the warning, follow screen instructions.
- Side 1 (the Master Disk) is copy-protected, but Side 2 (the Daily Disk) is not. If you wish to make a backup of Side 2, you may use any Commodore track/sector copy utility (such as 1541 Backup).

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